

Group Games Without Apparatus: 2.

his own size") In a gymnasium, with its hard floor, the pick-a-back fight should not be held.

RING MASTER (KING OF THE CASTLE, ETC.) All players arrange themselves in a ring or square bounded by lines suggested by the instructor. On the given command each player tries to push his opponents out of the marked area, yet remain in it himself. The one succeeding in doing so is the winner. The pushing (or pulling) may be varied by having the players skip on one foot only, with folded arms, or hands behind the back, etc.

INDIAN WRESTLING: Arranged in pairs, the opponents assume the supine position on the floor, their feet pointing in opposite directions, and their elbows locked. To a slow, rhythmical count of three, each wrestler twice raises his "inside" (nearer to his opponent) leg vertically upward and lowers it again, then hooks it with his opponent's on the third and final count, trying his hardest to turn his adversary over. If he succeeds in doing so, he is declared the winner of his bout. By eliminating the losers, a tournament may be held to determine the champion of the entire group. The losers, of course, can have a consolation tournament of their own.

ELBOW TWISTING in a prone-lying position, and TOE TO TOE standing and trying to upset the opponent with one grasped hand, are other "strength stunts" suggested by Indian Wrestling.

"BREAKS"

TOUCH FOUR WALLS--RUN! May be varied by changing the direction of the run, by altering the objects to be touched, by having the group move by means other than running.

OUT OF MY SIGHT--GO! Players hide on this command and return to the designated spot on the whistle. The first to return "home" is the winner; a penalty may be provided for the last.

ODD AND EVEN RANKS
AND NUMBERS:

The class is divided into several odd and even ranks. On the command, "Odd ranks round the even ranks--go", the entire odd rank runs as quickly as possible around the even rank, returning to its original position, the first odd rank to do so being declared the winner. However, on the command, "Odd numbers round the even numbers--go", each man in an odd row runs around the nearest even number and returns to his place, trying to beat the rest in doing so.

O'GRADY (RILEY) ON PARADE: A test on concentration, the class performing only those commands which are prefaced with "O'Grady (Riley) says..." Whoever goes wrong, falls out of the parade.

FOLLOW THE LEADER: The class follows a chosen leader in single file, performing the motions and activities gone through by him. The leader should utilize all the equipment at his disposal, but gauge the difficulty of performance by the group's average ability. It is well to provide a penalty for the lazy.

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DEPARTMENT OF RECREATIONAL AND PHYSICAL EDUCATION.

GROUP GAMES WITH APPARATUS.

POISON BALL (CLUB). The players form a ring around a number of balls or Indian clubs, and endeavour to push or pull someone against the "poisoned" objects, without touching them themselves. Whoever is "poisoned" falls out of the ring; also he who lets his handgrasp go. The last (few) to stay is (are) the winner (s).

BELT(SHOE)CHASE: All the players, save one, form a circle, facing its centre, with their eyes shut and standing with their arms hanging down their sides, but their palms turned back. The player on the outside is given a light belt or shoe which he deposits into somebody's hand as he walks or runs around the circle. Immediately a player in the circle receives the belt he begins to hit the person on his right, chasing him around the circle and hitting him as often as he can until the "victim" is back in his place; then he takes the belt around again and gives it to some other player, and returns to his place in the circle, but this time stands on the right side of his "victim".

POISON ROPE: The players form a large circle around a chosen man who is given a long skipping rope to which is tied a bean bag or some similar object. The player in the centre lies down on his back and, holding the hand with the rope above his head, begins to swing the rope around and around, while the players in the circle avoid being hit with it by jumping over it as it approaches them. Whoever is hit an agreed number of times falls out.

TOWER BALL: The players form a large circle around a jumping standard or a chair. One man is chosen to defend the improvised tower as the others fire at it with a volleyball or basketball.

CIRCULAR DODGE BALL: The class is divided into three or more groups, one of these taking the centre of the floor and the rest arranging themselves in a large circle around them. The players in the circle are given a ball with which they try to hit (below the knees) those in the centre, a fair hit eliminating the "target". Those in the middle of the circle naturally endeavour to dodge the ball. When one entire group is eliminated, another takes its place in the centre of the circle, until every group has had a try at dodging the ball. By timing each group's stay in the centre, the instructor can tell which group has won.

THREE-COURT DODGE BALL: The class is divided into three equal teams, which are stationed in a three-court area designated by the instructor. As in circular dodge ball, the team in the middle area must dodge the ball which is thrown by the two outside teams. Again, each team should be given a try in the middle court, and again the team which remains there the longest wins.

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POST BALL: The class is divided into two equal teams, each team occupying half of the floor space, and each having a jumping standard or a chair on its "touch line". A bean bag or a volleyball is used, the aim of each team being to hit the "post", belonging to the opponents. To encourage teamwork and accurate passing, no player is permitted to walk or run with the ball in his possession. Dribbling is illegal, too. Regarding pivoting (see basketball rules) the instructor may make his own decision.

RELAY RACES
AND OBSTACLE
RACES:

These have so many possibilities that it is best to leave these to the discretion, the imagination, and the ingenuity of each individual instructor, who will know best the interests and abilities of his class, as well as the facilities (equipment, etc) at his disposal.



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